



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01173, Egg, white, dried

Report Date: July 11, 2017 14:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	5.80	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Energy	kcal	382	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1996
Energy	kJ	1598	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	81.10	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Total lipid (fat)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Ash	g	5.30	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Carbohydrate, by difference	g	7.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1996
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Sugars, total	g	5.40	--	--	--	--	--	--	--	--	Calculated or imputed	01124	01/2003
Minerals													
Calcium, Ca	mg	62	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.15	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Magnesium, Mg	mg	88	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Phosphorus, P	mg	111	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Potassium, K	mg	1125	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Sodium, Na	mg	1280	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Zinc, Zn	mg	0.10	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Copper, Cu	mg	0.114	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Manganese, Mn	mg	0.007	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Selenium, Se	µg	125.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Thiamin	mg	0.005	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	2.530	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Niacin	mg	0.865	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Pantothenic acid	mg	0.775	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Vitamin B-6	mg	0.036	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Folate, total	µg	18	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	18	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Folate, DFE	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Choline, total	mg	8.4	--	--	--	--	--	--	--	--	Calculated or imputed	01136	08/2012
Vitamin B-12	µg	0.18	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01124	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01136	08/2012
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	01136	08/2012
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01124	01/2003
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
8:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
10:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
12:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
16:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
18:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
20:1	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Amino Acids													
Tryptophan	g	0.999	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	3.685	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Isoleucine	g	4.581	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Leucine	g	6.838	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Lysine	g	5.515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Methionine	g	2.790	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Cystine	g	2.102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Phenylalanine	g	4.736	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Tyrosine	g	3.153	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Valine	g	5.164	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Arginine	g	4.412	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine	g	1.830	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Alanine	g	4.684	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Aspartic acid	g	8.253	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Glutamic acid	g	10.770	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Glycine	g	2.842	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Proline	g	3.153	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Serine	g	5.593	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01124	01/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003